

Mental Health Among Adults

Johnson County, 2017



Frequent Mental Distress



Frequent mental distress (FMD) is defined as having fourteen or more days of poor mental health in the past thirty days.

In 2017, **about 8 of every 100** Johnson County adults 18 years and older had frequent mental distress.



Depressive Disorder

Depressive disorder is defined as depression, major depression, dysthymia, or minor depression.

In 2017, **nearly 19 of every 100** Johnson County adults 18 years and older had depressive disorder.

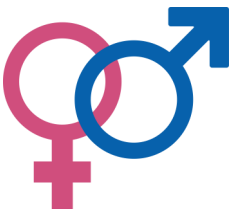
Depressive Disorder by Selected Socio-demographic Characteristics, Johnson County

BY GENDER

Depressive Disorder was significantly higher among **women** compared to **men**.

24.5%

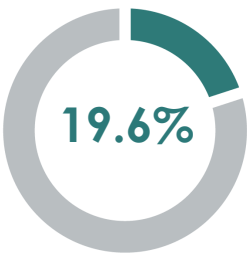
Nearly 25 of every 100 adult women.



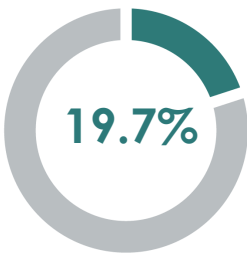
12.8%

Nearly 13 of every 100 adult men.

BY AGE*



Nearly 20 of every 100 adults aged 18-44 years.



Nearly 20 of every 100 adults aged 45-64 years.



About 16 of every 100 adults aged 65 years and older.

BY ANNUAL HOUSEHOLD INCOME

Depressive Disorder was significantly higher among persons with an annual household income of **less than \$35,000 per year** compared to those with **\$35,000 or higher per year**.



27.8%

Nearly 28 of every 100 adults with an annual household income of less than \$35,000 per year.



16.7%

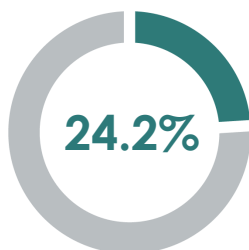
Nearly 17 of every 100 adults with an annual household income of \$35,000 or higher per year.

* The prevalence estimates of depressive disorder in Johnson County are not significantly different by age groups.

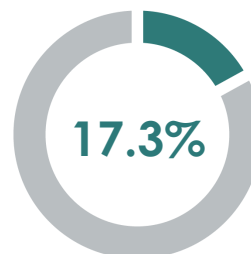
Depressive Disorder by Selected Socio-demographic Characteristics, Johnson County

BY EDUCATION

Depressive Disorder was significantly higher among adults **with a high school education or less** compared to adults **with some college education or higher**.



About 24 of every 100 adults with a high school education or less.



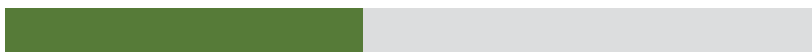
About 17 of every 100 adults with some college education or higher.

BY DISABILITY STATUS

Depressive Disorder was **significantly higher among persons living with a disability†** compared to those **living without a disability**.

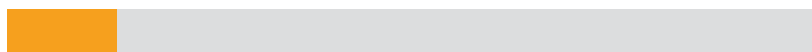
Nearly 44 of every 100 adults who reported living with a disability.

43.8%



Nearly 14 of every 100 adults who reported living without a disability.

13.5%

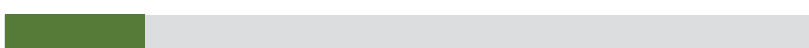


BY OBESITY

Depressive Disorder was significantly higher among adults **who were obese** compared to adults **who were overweight, and normal or underweight**.

About 17 of every 100 adults who were Normal or Underweight (BMI<25).

17.2%



Nearly 17 of every 100 adults who were Overweight (25<=BMI<30).

16.9%



Nearly 26 of every 100 adults who were Obese (BMI>=30).

25.7%



† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

Depressive Disorder by Selected Socio-demographic Characteristics, Johnson County

BY PHYSICAL ACTIVITY

Depressive Disorder was significantly higher among adults **who were physically inactive[‡]** compared to adults **who were physically active.**



16.5%

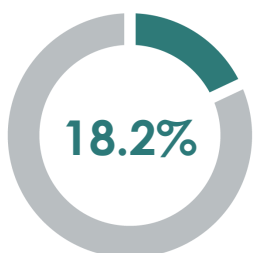
Nearly 17 of every 100 adults who participate in leisure-time physical activity



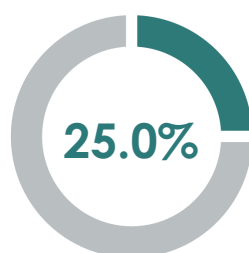
29.4%

About 29 of every 100 adults who did not participate in leisure-time physical activity

BY HEALTH INSURANCE*



About 18 of every 100 adults who were insured.



25 of every 100 adults who were uninsured.

*The prevalence estimates of depressive disorder in Johnson County are not significantly different by health insurance groups.

[‡]Physically Inactive: Respondents were classified as physically inactive if they responded "no" to the following question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"